

WHAT IS CLAIMED IS:

Sub 2
1. A device for assisting a person in achieving proper alignment of a portion of the person's body, comprising:

a support member to be worn by the person upon the portion of the person's body;

a light source attached to the support member, the light source generating a visible alignment beam of light on the ground in front of the person that is generally parallel to an alignment of the portion of the person's body.

2. The device of Claim 1 wherein the light source includes a laser and a generally cylindrical lens positioned transversely to a light beam emanating from the laser, the lens creating a planar beam of light which forms the visible alignment beam on the ground.

3. The device of Claim 1 wherein the support member comprises eye glass frames and the visible alignment beam is generally parallel to the alignment of the person's eyes.

4. The device of Claim 1 wherein the support member comprises a belt to be worn around the portion of the person's body.

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5. A device for assisting a golfer in achieving proper alignment for a golf stroke in which a ball is struck to move towards a target, comprising:

a support member to be worn by the golfer;

a light source attached to the support member, the light source generating a visible alignment beam of light on the ground in front of the golfer that is generally parallel to an alignment of the golfer's body when the support member is worn by the golfer;

an alignment member attached to the support member, the alignment member comprising a planar mirrored surface thereon, the position of the alignment member being adjustable to enable positioning of the mirrored surface such that a reflection of the target may be viewed by the eye of the golfer closest to the target.

6. The device of claim 5 wherein the support member comprises eye glass frames.

7. The device of claim 6 wherein the alignment member is hingedly attached to the frame member to enable positioning of the mirrored surface such that a reflection

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of the ball and the target may be viewed simultaneously by the eye of the golfer closest to the target.

8. A method of determining alignment of a portion of a person's body, the method comprising the steps of:

attaching a support member to the portion of the person's body, the support member having attached thereto a light source, the light source adapted to generate a visible alignment beam of light on the ground that is generally parallel to the alignment of the portion of the person's body;

generating the visible alignment beam of light on the ground.

9. The method of Claim 8 wherein the light source comprises a laser and a generally cylindrical lens positioned transversely to a light beam emanating from the laser, the lens creating a planar beam of light which forms the visible alignment beam of light on the ground.

10. The method of Claim 8 further comprising the step of using the alignment beam of light to align for a golf stroke.

11. The method of Claim 8 wherein the support member comprises eye glass frames and the visible alignment beam is generally parallel to the alignment of the person's eyes

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12 The method of Claim 8 wherein the support member comprises a belt to be worn around the portion of the person's body.

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